

Mediterranean Quinoa Salad

Meal Components: Vegetable - Other, Grains

Salads, B-25r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon juice		1/2 cup		1 cup	1. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside. 2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 3. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel.
Quinoa, dry	3 lb 6 oz	2 qt 1/2 cups	6 lb 12 oz	1 gal 1 cup	
Low-sodium chicken broth		1 gal		2 gal	
Red wine vinegar		1/2 cup		1 cup	
Fresh garlic, minced		2 Tbsp		1/4 cup	
Extra virgin olive oil		1/2 cup		1 cup	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt	4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
*Fresh green onions, diced	4 oz	1 cup	8 oz	2 cups	
*Fresh red onions, diced	6 oz	1 cup	12 oz	2 cups	
*Fresh cherry tomatoes, halved	1 lb 6 1/2 oz	1 qt	2 lb 13 oz	2 qt	
Black olives, sliced	5 oz	1 cup	9 1/2 oz	2 cups	5. Mix in cooled quinoa. Fold in feta cheese and parsley.
Feta cheese, crumbled	6 oz	1 cup	12 oz	2 cups	
*Fresh parsley, finely chopped		2 cups	2 1/2 oz	1 qt	
					6. Transfer to a steam table pan (12" x 20" x 2 1/2").
					7. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service.
					8. Portion with 6 fl oz spoodle (3/4 cup).

Notes

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 1/2 oz	3 oz

Serving	Yield	Volume
3/4 cup (6 fl oz spoodle) provides 1/8 cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb 100 Servings: about 1 gallon 2 cups 2 steam table pans	50 Servings: about 18 lb 100 Servings: about 2 gallons 1 quart 4 steam table pans

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Nutrients Per Serving					
Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.3 mg
Carbohydrate	22.66 g	Vitamin A	414.48	Sodium	278.1
Total Fat	5.62 g		IU		mg
		Vitamin C	12.38	Dietary Fiber	2.67 g
			mg		